

# *Council On Aging News*

*November 2010*



*Mayor, Thomas P. Koch*

*617-376-1245*

*Director, Thomas F. Clasby, Jr.*

*617-376-1506*

*Chairman, John Molloy*

*440 East Squantum Street*

Dear Friends:

November always holds an important significance to all Americans as we remember our veterans' on the 11<sup>th</sup>. For the community that I serve it is particularly humbling when I consider the sacrifices so many of you have endured for our freedom. You are men and women who served in the armed forces, endured the hardships of war and lost many loved ones in America's struggle for freedom. It is also a time for us to call to mind the generation that is currently serving in the armed forces. Calling these things to mind makes it easy to recognize the many things that we have to celebrate on Thanksgiving.

Sincerely,

Thomas F. Clasby Jr.  
Director

*Tom*



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Join the Quincy Council on Aging and  
 The Atrium at Faxon Woods in supporting  
 Alzheimer Awareness Month

*A Taste of Italy  
 Luncheon*

Tuesday, November 16<sup>th</sup>  
 at 12 pm.



There will be a \$5 fee for this luncheon and  
 pre-payment is required. A portion of the proceeds  
 will benefit Alzheimer Awareness.

Space if limited



If you are interested in attending please  
 call the Quincy Council on Aging at  
 617-376-1506 to reserve your spot and  
 pay for this event.

Join the Quincy Council on Aging for

**CPR Training for Seniors**

Join instructor Ruth Jones, BSN to learn the  
 techniques and earn certification in adult, child  
 and infant CPR and AED.

**November 19th**  
**9-am - 1 pm**

**Space is Limited**

To register for this training  
 please call the QCOA office at  
 617-376-1506



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Join the Quincy Council on Aging for a presentation on

### Health Care Reform: Key Medicare Changes Effective January 2011

**November 3rd**  
**10:00 AM - 11:30 AM**

Peggy McDonough the Norfolk County's Regional Program Director for Massachusetts's SHINE Program, (Serving the Health Information Needs of Elders), will discuss the coming changes to Medicare, Medicaid and Prescription Drug Coverage taking effect in January 2011.

Open enrollment starts in November 15th and continues through December 31st for coverage beginning January 1, 2011. Many plans will no longer be available in 2011. All Medicare beneficiaries should review their current plan, compare other plans and choose the plan that meets their needs and budget.

To register for this important presentation please call the QCOA office at 617-376-1506.



Join the Quincy Council on Aging for our weekly

## Sing-a-Long

Every Thursday at  
10 am

In the Music Room at  
the Kennedy Center.



*Quincy Council on Aging presents*

### *"Make Your Own Jewelry"*

*Jewelry classes will be held at the Quincy Council on Aging. Learn how to make a piece of jewelry. If you like it you may purchase it for a small fee.*

**November 12<sup>th</sup>**

1:00 p.m. - 3:00 p.m.

*Call the Quincy Council on Aging to make a reservation or if you have any questions at 617-376-1506.*

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## Free Legal Clinic

Do you have a legal question or are you confused about a legal issue?

The Bar Association of Norfolk County is sponsoring Free Evening Legal Clinics as a public service to the community. A panel of attorneys experienced in all areas of the law will be available for a one on one consultation with you to discuss your legal questions. All consultations are strictly confidential.

The Free Evening Legal Clinics will be held at

Quincy District Court  
1 Dennis F. Ryan Parkway

Tuesday evenings  
6:00 P.M. to 8:00 P.M.

November 9, 2010

December 7, 2010

For further information please contact  
Adrienne C. Clarke  
Bar Association of Norfolk County  
617-471-9693

Join the Quincy Council on Aging and the Visiting Angels of the South Shore for

## Fun Strategies for Maintaining Your Memory Luncheon

The Visiting Angels of the South Shore is a private practice home care agency. The company provides personal, respite and companion care services to seniors who want to continue to live in their homes with a greater quality of life.

Come and learn some fun ways to keep your memory in tip top shape!

**November 8<sup>th</sup>**

**11 AM – 12 PM**

### Space is Limited

To reserve your space for this luncheon please call the QCOA at 617-376-1506.

The Seaside Gardeners of Squantum presents

## A Faire for All Seasons

Saturday, November 6th  
9:30 AM - 2:00 PM  
at the Kennedy Center

Shop the handcrafted gifts for the holidays, homemade pies and pastries and silent auction. They will be serving Pat's Famous Homemade Chowder and Nonna's Notorious Minestrone Soup along with hot dogs, sandwiches and delicious desserts.



Thank You to our friends at

The Atrium

at Faxon Woods

for sponsoring last month's  
Omelet Breakfast!



### Reminder

Election Day is  
Tuesday

November 2nd  
8:00 AM - 8:00 PM

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## November Events

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
11/2	Election Day	All Day	
11/2	Movie - Turner & Hooch Starring Tom Hanks	12:00 PM	
11/3	Health Care Reform	10:00 AM	Registration Required
11/6	A Faire for All Seasons	9:30 AM	
11/8	Your Memory Luncheon	11:00 AM	Registration Required
11/8	Holiday Card Computer Class	1:00 PM	Registration Required
11/9	Movie - The Aviator Starring Leonardo DiCaprio	12:00 PM	
11/11	Comedy Thursday - Johnny Carson's Final Show	12:00 PM	
11/12	Make Your Own Jewelry	1:00 PM	Registration Required
11/15	Movie - Promise Starring James Garner & James Woods	12:00 PM	
11/15	Holiday Card Computer Class	1:00 PM	Registration Required
11/19	CPR Training for Seniors	9:00 AM	Registration Required
11/22	Movie - Nobody's Fool Starring Paul Newman	12:00 PM	
11/29	Movie - The Da Vinci Code Starring Tom Hanks	12:00 PM	



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## Ongoing Programs

	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	Line Dancing	10 am
	Scrabble	11:00 - 3:00 pm
Tuesdays -	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Walking Club	10:00 am
	Dance	10:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Movie	12:00 pm
Wednesdays -	Shine Program	By Appointment
	Knitting Group	10:00 am
	Volleyball	10:00 - 12:00 pm
	Poker	10:00 - 3:00 pm
	Blood Pressure	11:00 - 12:00 pm
	Computer Classes	1:30 - 2:30 pm
Thursdays -	Foxwoods Trip - 1st Thursday	8:00 am
	Exercise	9:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Whist Group	1:00 pm
Fridays -	Bridge	12 - 3 pm
	Computer Classes	1:30 - 2:30 pm
	Financial Planning	By Appointment
	Simple Wills - 3rd Friday	By Appointment

## Computer Classes

Join the QCOA for one of our upcoming Computer Classes. Our computer instructor, Grace Buscher will walk you through everything you need to know! Each month we will have a different class.

Space is limited.

Call the QCOA office at 617-376-1506 to reserve your spot.

Some classes have a small materials fee.

Personalized Holiday Cards  
November 8th & 15th  
1 pm - 2 pm



Custom 2011 Calendars  
December 6th  
1 pm - 2 pm



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### Quincy Health Department announces Flu Clinics for Quincy Residents

Public Flu Clinic Schedule for Seasonal Influenza Vaccine: Our public clinics, for seasonal flu vaccine, are open to Quincy residents 9 (nine) years of age and older. Children between the ages of nine (9) and eighteen (18) MUST be accompanied by a parent or legal guardian.

**Sunday, November 14, 2010,  
from 10:00 AM to 1:00 PM  
at the following two locations:**

**Quincy High School Cafeteria  
52 Coddington Street**

Enter through the Rotunda Entrance on Russell Park. Parking is available in the Quincy High School Parking Lot on Russell Park

**North Quincy High School Atrium  
316 Hancock Street**

Enter through the main entrance.

**Tuesday November 30, 2010  
9:30-11:00 AM  
for residents 18 years and older at:**

**The Quincy Elks  
254 Quarry Street**

Seniors are asked to bring Medicare and insurance cards. We also ask that you wear clothing that allows quick and ready access to your upper arm for the administration of the influenza vaccine (flu shot).

Please check our flu hotline at  
617-376-1288 for flu updates.

### Steps to fight the flu

#### Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting this serious disease.
- The flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- A seasonal vaccine will not protect you against novel H1N1.
- A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection

#### Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.



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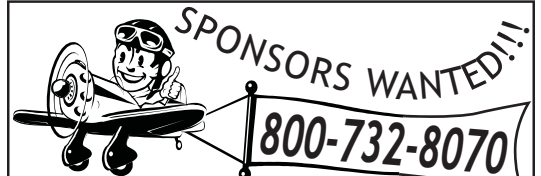
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Quincy Council on Aging  
Presents

### Art Lessons with Michael Domina

The fall session of art lessons with Michael Domina will be starting on October 4th. This is a 6 week program. The fee for these lessons is \$95 per person and payment is due before the first week of class.

For more information or to register for these lessons call the Kennedy Center at 617-376-1506.

Come join the QCOA and Eileen Shaw for

### *QiGong*

Mondays  
Starting October 18th  
9 am - 9:45 am

6 weeks for \$15

Learn to calm your mind, raise your spirits and gain wisdom. Qigong is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body.

To register and pay for this class please call the QCOA Office at 617-376-1506.

Quincy Council on Aging and Marina Bay  
Skilled Nursing invites you to

## LEARN ALL ABOUT OSTEOPOROSIS LUNCHEON & PRESENTATION

Tuesday, December 14<sup>th</sup>

12 p.m.

Learn about Osteoporosis, including signs and symptoms, and treatment. Learn about exercising and safety.

### Space is Limited

To reserve your space for this luncheon please call the QCOA at 617-376-1506.



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- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



For more information, please contact Kira at 617-638-1981 or [kwilke@bu.edu](mailto:kwilke@bu.edu)





## Comedy Thursdays



Join us at the QCOA on Second Thursday of the month for a hour or two of laughs with some of comedies greats!

November 11<sup>th</sup> - Johnny Carson's Final Show

Thursdays at 12pm



## FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



November 2: Turner & Hooch  
Starring Tom Hanks

November 9: The Aviator  
Starring Leonardo DiCaprio

November 15: Promise  
Starring James Garner & James Woods

November 22: Nobody's Fool  
Starring Paul Newman

November 29: The Da Vinci Code  
Starring Tom Hanks

Feel free to bring refreshments and friends!  
Or you can buy your refreshments in the Coffee Café where we provide candy, chips and soda at a discounted price!

Kennedy Center  
440 East Squantum Street

Tuesdays at 12:00 pm

## Blood Pressure Screenings Are Back!



The Quincy Council on Aging is happy to announce Nurse Barbara Dorley will be available on Wednesdays from 11 am - 12 pm at the Kennedy Center to take seniors blood pressure.

## Get Fit!

**Line Dancing** - Every Monday at 10 am  
**Dance Classes** - Every Tuesday at 4 pm  
**Exercise Classes** - Every Thursdays at 9 a.m.  
**Yoga for Seniors** - Every Tuesday &

Thursday at 12:30 pm

\$3 fee for all classes



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## Recipe of the Month

### Downeast Maine Pumpkin Bread

#### Ingredients

1 (15 ounce) can pumpkin puree  
 4 eggs  
 1 cup vegetable oil  
 2/3 cup water  
 3 cups white sugar  
 3 1/2 cups all-purpose flour  
 2 teaspoons baking soda  
 1 1/2 teaspoons salt  
 1 teaspoon ground cinnamon  
 1 teaspoon ground nutmeg  
 1/2 teaspoon ground cloves  
 1/4 teaspoon ground ginger

Preheat oven to 350 degrees. Grease and flour three 7x3 inch loaf pans. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

Thank You to our friends at Atria at Marina Place for sponsoring the Viva Italia Luncheon last month!



## Happy Birthday!

Peggy Joyce  
 &  
 Jennifer Zambruno

#### Facts about November

The first Thanksgiving was held in the fall of 1621 in Plymouth, MA.. The pilgrim leader, Governor William Bradford invited the neighboring Wampanoag Indians to the feast and the celebration lasted three days.

#### November Holidays

November 2<sup>nd</sup> - Election Day  
 November 7<sup>th</sup> - Daylight Savings Ends  
 November 11<sup>th</sup> - Veteran's Day  
 November 25<sup>th</sup> - Thanksgiving Day

#### Equipment Loan and Donations

The QCOA provides wheel chairs, canes, walkers, and bath seats to seniors in need. Seniors can borrow the equipment and use it for as long as they need it. In order to supply this equipment for the seniors we take donations of walkers, wheelchair and bath seat.

No commodes please.

**Please don't leave donations at the Kennedy Center After Hours.**



## Foxwoods Trip



Our next trips to Foxwoods will  
 Be November 4<sup>th</sup> & November 10<sup>th</sup>

To make reservations, please send check, made out to Celebration Tours and mail to

Quincy Council on Aging  
 440 East Squantum Street  
 Quincy, MA 02171

An early sign-up would be appreciated.

## Reminder

Daylight Savings Ends  
 Sunday November 7th  
 at 2 am  
 Turn your Clocks back 1 hour



The QCOA Newsletter is now available  
 online & on cable!

Go to [www.quincyma.gov](http://www.quincyma.gov)  
 and select the Elder Services Department  
 or watch

**QATV** Channel 10  
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